

## NUTRITION MONTH

## HOW TO EAT RIGHT ON A BUDGET



Cook more, eat out less. Eating out can be expensive, and many foods can be prepared cheaper and healthier at home.

Plan what you're going to eat. Deciding on meals before you shop can save time and money. Review recipes and make a grocery list of what ingredients are needed.

Decide how much to make or buy. Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for meals later in the week.

Shop for foods that are in season. Fresh fruits & vegetables in season are usually easier to get and may be less expensive.

Watch portion sizes. Eating too much of even lower cost foods and beverages can add up to extra dollars and calories.

Focus on nutritious, low-cost foods. Eating too much of even lower cost foods can add up to extra dollars and calories.

Quench your thirst with water. Water from the tap is a low cost way to stay hydrated.

## COMING SOON

The COSAWell team is excited to announce, or tease in this case, that some really cool updates are coming to the City's Virgin Pulse program. More details will be shared in the coming weeks, but here's a little hint...it involves two very important functions of optimal health, sleep and nutrition.

More info coming soon, stay tuned!!

## WELLNESS WORKSHOP

## DEVELOPING A HEALTHY SLEEP PATTERN

presented by Deer Oaks EAP



The number of people experiencing sleep-associated problems is on the rise. Sleep is very important for everyone, regardless of age. Some people can get by on less sleep than others, but that does not mean sleep is any less important for them. There are many factors that can impact one's sleep. This session will cover the types of sleep, steps to help one have better quality sleep, and sleep disorders, as well as the myths about sleep.

LIVE WEBINAR  
WEDNESDAY, MAR 17  
1-2 PM



## HEALTHY RECIPE

## PEANUT BUTTER OVERNIGHT OATS



Save time during your morning routine with this simple, high-protein, make-ahead recipe for a healthy breakfast you can eat on the go. And the best part, there's absolutely no cooking required!

- 1/2 cup milk of choice
- 3/4 tbsp chia seeds
- 1/2 cup raw oats
- 3/4 tbsp sweetener of choice
- 2 tbsp peanut butter

*To make your overnight oats, simply add these ingredients to a small jar or bowl. Stir the mixture well to make sure the oats have been fully immersed in the milk. Then, cover and leave in the refrigerator overnight to let the oats soften and flavors meld.*

*Come morning, you're all set. You can add fresh fruit for added flavor and nutrients, and the next time you make this recipe you can play with formula as needed, adding more milk for wetter oats, or adding more oats for a thicker, more pudding-like consistency.*

*Enjoy!*